



## SCHEDULE OF SEPTEMBER 2019 (CHERAS)

MONDAY						
<b>08.00am</b> Yogilates (I) (75mins) Ken	<b>08.45am</b> Kinetic Flow (E) Wilfred	<b>10.00am</b> *Props Fit (E)* Dennis	<b>10.15am</b> Abxercise (E) Wilfred	<b>11.15am</b> Aroma Yoga (E) Dennis	<b>11.45am</b> Gentle Flow (I) Keane	<b>06.00pm</b> Hatha (E-I) Mr Gan
<b>06.15pm</b> Hatha Flow (E) Matthew	<b>06.30pm</b> Tabata CK	<b>07.15pm</b> Basic Yoga (E) Mr Gan	<b>07.30pm (75mins)</b> Movement & Breath (I-A) Matthew	<b>08.45pm</b> Hot Pilates (E) Joanne		

TUESDAY						
<b>08.00am</b> Hatha Aligment (E) Belinda	<b>09.15am (75mins)</b> Hatha Aligment(I-A) Belinda	<b>09.30am</b> Hot Stretch (E) Xenia	<b>10.15am</b> Zumba Xanthus	<b>10.45am</b> Vinyasa Flow (E-I) Xenia	<b>11.30am</b> Aero Para Jeff	<b>01.00pm</b> Restorative Yoga(E) Vivian
<b>06.00pm</b> *Props Fit (E)* Dennis	<b>06.15pm</b> Hot Flow (I) Feris	<b>06.30pm</b> Pilates (E) Ethan	<b>07.15pm</b> Aromatic Yoga (E) Dennis	<b>07.35pm</b> Zumba Taffy	<b>08.00pm</b> Active Fascia (E-I) Ethan	

WEDNESDAY						
<b>08.00am</b> Hatha (E) Jenny	<b>08.30am</b> Flow (E-I) Matthew	<b>09.15am (75mins)</b> Hatha Flow (I-A) Jenny	<b>09.30am</b> Active Fascia (E-I) Ethan	<b>10.45am</b> Aero Para Jeff	<b>10.45am</b> Pilates (E) Ethan	<b>11.45am</b> Hatha (E) Matthew
<b>06.15pm</b> Hatha (E-I) Darren	<b>06.30pm</b> Vinyasa (E) Tai	<b>07.15pm</b> Dynamic (I) (75mins) Darren	<b>07.30pm</b> Bootcamp CK	<b>08.45pm</b> Hatha Flow (E) Jennifer		

THURSDAY						
<b>08.00am</b> Basic Yoga (E) Au Yong	<b>08.30am</b> Vinyasa (I) Eric	<b>09.15am</b> Hatha (E-I) Au Yong	<b>09.30am</b> Tabata CK	<b>10.00am</b> Props Yoga (E) Dennis	<b>11.15am</b> Aromatic Yoga (E) Dennis	<b>06.00pm</b> ACT Pilates (E) Tony
<b>06.15pm</b> Vinyasa Flow (I) Eric	<b>06.30pm</b> Hatha (E) Jenny	<b>07.30pm</b> Hatha (E) Eric	<b>07.45pm</b> Hatha (I-A) (75mins) Jenny	<b>08.45pm</b> Gentle Flow (E-I) Courtney		

FRIDAY						
<b>08.00am</b> Gentle Flow (I) Raiy	<b>09.15am</b> Zumba Raiy	<b>10.00am</b> *Props Fit (E)* Dennis	<b>10.30am (75mins) *TR*</b> Pilates (I-A) Tina	<b>10.30am (90mins)</b> Movement & Breath (A) Matthew	<b>11.15am</b> Chair Yoga (E) Dennis	<b>12.30pm</b> Hatha (E) Matthew
<b>06.00pm</b> Hatha (E-I) Au Yong	<b>06.15pm (75mins)</b> Hatha Flow (I-A) Jenny	<b>07.00pm</b> Strong by Zumba Bobby	<b>07.15pm</b> Basic Yoga (E) Au Yong	<b>08.10pm</b> Tabata CK		

SATURDAY						
<b>09.00am</b> *Props Fit (E)* Dennis	<b>10.00am</b> Metafit Suki	<b>10.15am</b> Aromatic Yoga (E) Dennis	<b>10.45am</b> Pilates (E) Tony	<b>11.00am</b> Zumba Taffy	<b>12.00pm</b> ZumbaChata Tony	<b>02.00pm</b> Hatha (E) Eric
<b>03.15pm</b> Gentle Flow (I) Eric						

SUNDAY						
<b>09.00am</b> Kinetic Flow (E) Darren	<b>09.30am</b> Pilates (I) Audrey (Fern)	<b>10.15am (75mins)</b> In Motion Flow (I-A) Darren	<b>10.45am</b> Pilates (E) Audrey (Fern)	<b>11.30am</b> Zumba Kristin	<b>01.30pm</b> Vinyasa (E) Donald	<b>02.45pm</b> Aero Para Jeff

Elementary : E  
Intermediate : I  
Advance : A

\*TR\* : Temporary Replace  
\*Props Fit (E)\* : Limit 20pax only

\* There is no provision of towel services at Cheras & Damas outlet, you are required to bring your own.  
\* The management reserves the right to make changes to the classes and instructors without prior notice.



Address: Lot 191-4, 4th Floor, Wisma CKE, Jalan Lancang off Jalan Cheras, 56100 Kuala Lumpur, Malaysia.  
Contact Number: 03 9132 2020

Website: [www.myoga.com.my](http://www.myoga.com.my)

Facebook: [www.facebook.com/myogaki](http://www.facebook.com/myogaki)